

aMaze

AtHome is based on the classic board game that challenges you to tilt the board in order to roll a steel ball through a never-ending maze of loop holes. Simple is always yet elegant in nature – which is best described as an overall paper over that is highly additive to all types of gamers – from hard core to mainstream. AtHome is an engaging game for everyone.

titles: from original title: from Pungus Amungus and features.

- **Non-relevant gameplay** - appropriate for the whole family
- **Free to the full players** - full, stable, deep and easy because the ball is sitting
- **Strategic gameplay** - the complicated tactics, sometimes in motion
- **Free or two players**

Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged men. The subjects were 15 men, aged 40–50 years, who were sedentary and had no cardiovascular disease. They were divided into two groups: a control group and a training group. The control group continued their sedentary lifestyle, while the training group participated in a 12-week aerobic training program. The HR and EE were measured at rest and during submaximal exercise before and after the training period. The results showed that the training group had a significant decrease in HR and an increase in EE compared to the control group. These findings suggest that a 12-week training program can improve cardiovascular fitness and increase energy expenditure in sedentary, middle-aged men.

Title: *Offense*
Product Code: 771006
Ship Date: February 2007
Category: Puzzle - Simulation
No. of Players: 1 or 2
Platforms: PC, Mac, Gamecube
game play



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94